

Abstract

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A restraint that reduces breast movement while a person exercises or performs some other activity, as well as a method of using the restraint. The restraint includes a strap that fits across the tops of the person's breasts, under the person's arms, and around the person's back, and also includes an adjustable fastener for fastening the strap together. At least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising or other activities. The strap preferably is at least one inch wide at a portion that fits across the tops of the breasts. The strap can be all of a uniform width, or the strap can be shaped so as to be wider at the portion that fits across the tops of the breasts. Other arrangements are possible. Preferably, the strap is all of a single elastic material and the fastener is a VELCRO[®] hook and loop fastener. The restraint can be adapted to be worn in addition to a bra. Alternatively, the strap of the restraint can be incorporated into a bra such as a sports bra.